

Amendments to the Claims:

Please amend the claims as shown in the Listing of Claims below. This listing of claims will replace all prior versions, and listings, of claims in the application:

## LISTING OF CLAIMS

13. (Canceled).
14. (Original): A photic stimulation process comprising: (a) stimulating alpha frequencies in a range of from 8 to 12Hz in the right brain hemisphere and (b) stimulating beta frequencies in a range of from 15 to 20 Hz in the left brain hemisphere for relieving symptoms of depression.
15. (Currently Amended): A photic and auditory stimulation method for pacing breathing in a subject to a predetermined breathing rate in the range of from 5 to 7 breath cycles per minute, the process comprising: (a) exposing the subject to an auditory cue; and (b) simultaneously exposing the subject to various visual or auditory stimulation frequencies or combinations of frequencies.
16. (Original): A method according to claim 15 wherein the auditory cue is a synthesized heartbeat sound.
17. (Original): A method according to claim 15 wherein the auditory cue is be provided at from two to four times the predetermined breathing rate.